

Shaved Brussels Sprouts with Honey Truffle Dijon

2 cups shredded brussels sprouts, washed

¼ cup toasted, chopped walnuts

¼ cup celery, sliced thin

2 tablespoons green onions, minced

1 tablespoon Honey Truffle mustard (from Far West Fingi)

1 teaspoon mushroom powder

1 tablespoon meyer lemon juice

1 teaspoon maple syrup

3 tablespoons extra virgin olive oil

salt and pepper

Combine the first 4 ingredients. In a small bowl, whisk together the mustard –oil. Season with salt and pepper. Add half of the dressing to the Brussels sprouts and mix in with your hands. Do this a couple of hours before cooking to let the acid in the lemon “cook” the sprouts. Add more dressing as desired.

Candy Cap Gomasio

¾ cup whole, brown sesame seeds

1 tablespoon (plus 2 pinches) sea salt*

1 tablespoon dried Candy Cap mushrooms (or other mushroom) whirled in spice grinder until powdery

Heat a cast iron skillet and roast the salt, stirring constantly for a few minutes, until the “acid smell” is gone. Place in a suribachi and grind in very fine.

Roast sesame seeds using a medium flame. Stir them constantly until all the seeds are browned equally. The idea is not to pop, but to roast. When they crush easily, they are done. Add to the suribachi and mix with the roasted salt. Grind gently with intention, until 2/3’rds of the seeds are crushed.

Mix in the mushroom powder to taste. Start with a teaspoon and add in more as desired.

Cool completely and store in a glass jar, tightly covered.